



Jane Mackenzie's
Health and Fitness

Book
Online
Call or
Email

1-to-1 and 24/7 Online Pilates also available!

Pilates Classes

- Are you experiencing problems with back pain or stiffness?
- Do you need to improve your posture to stand more upright?
- Would you like to be stronger and more able to do the things you love?
- Are you concerned about injury due to lack of flexibility?
- Would you like to benefit from Pilates with Kent's leading instructor?

Tues 9:00 am Hythe, Burton Hall

Tues 10:45 am Sellindge Sports and Social Club

Tues 5:30 pm
Tues 6:45 pm Folkestone, Three Hills Sports Park

Wed 9.30 am Sellindge Sports and Social Club

Wed 11:30 am Folkestone, Shepway Close Centre

Wed 6:00 pm

Thurs 9:30 am Hythe Cricket and Squash Club

Thurs 10:45 am

£10.00 per class or £34 for four classes

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www.janem.co.uk



for Information, Availability, News and more!